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RAINWATER HARVESTING

special section:

mind&body

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REMODEL • DESIGN • SUPPLY • INSTALL



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on the cover

Bring the seaside into your Texas home with coastal decor. From Wisteria, a rustic desk, wooden buoys, an oyster stick lamp, framed sailor shirt and a decorative gray whale add coastal flair to this room.

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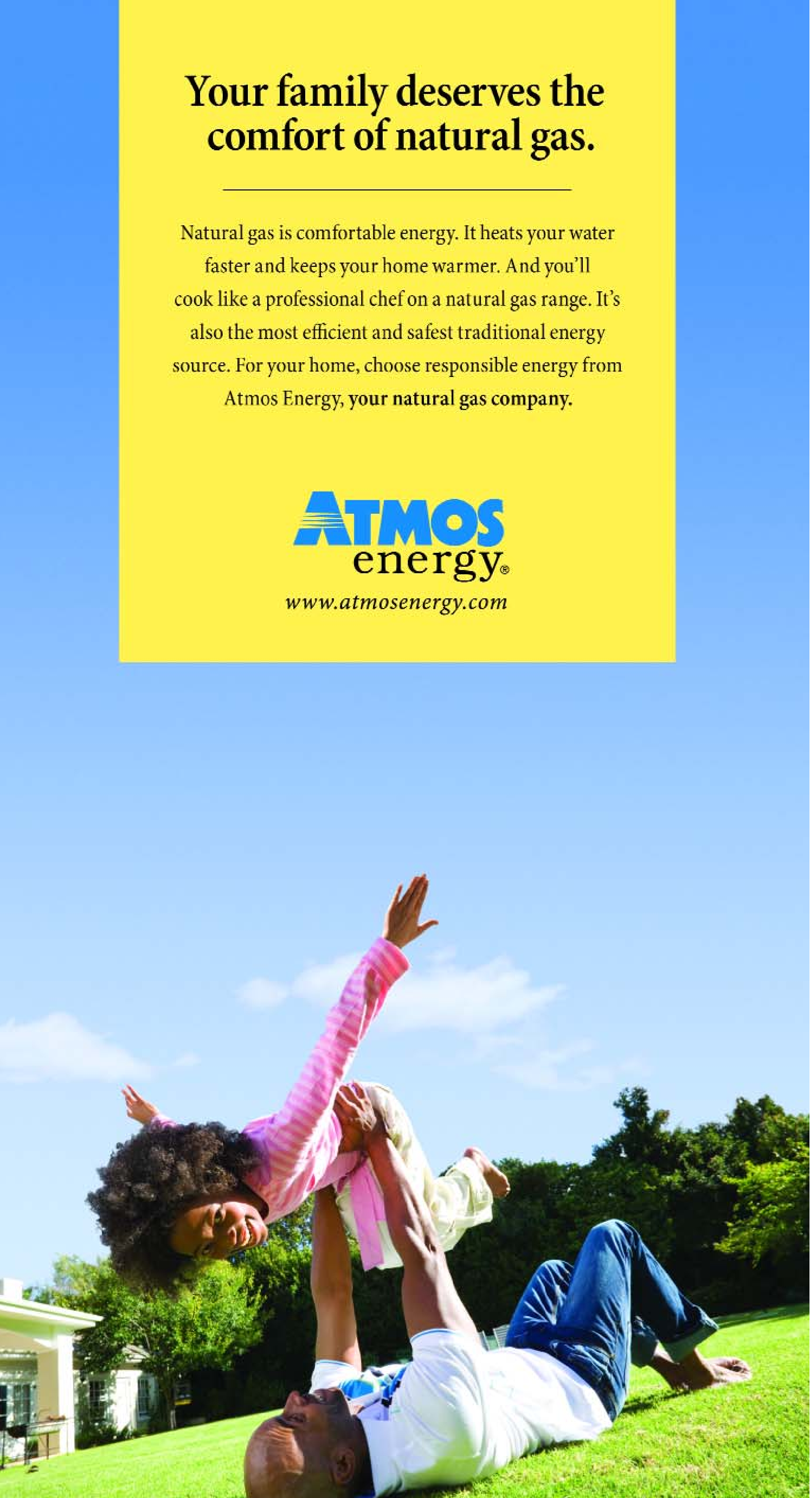
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editor's note



In the heat of summer, there's no place I'd rather be than the beach. Unfortunately, North Texans have to settle for the lake or sitting poolside unless a relaxing tropical vacation is on the horizon.

Even if you can't make it to the beach this summer, bring the ocean into your home with seaside décor. On Page 18, find out ways to incorporate refreshing tropical colors and add that seaside cottage feel to your interior design. Sheer window fabrics, framed maritime maps and tropical plants are just a few of the ways to create that relaxing coastal atmosphere.

Up next, buying artwork can be overwhelming for some homeowners. What style should you choose? Is the art any good? Is the piece a good investment? On Page 22, local art experts share 10 amazing tips for choosing art for your house.

Whether it's home improvement or self-improvement, during these times of economic uncertainty, it is important to feel good about yourself and look your best. Our special Mind & Body section beginning on Page 26 focuses on health and wellness. On Page 27, discover the benefits of Yoga, such as stress reduction, increased flexibility and a better outlook on life. Then, on Page 30, find out the truth about upper and lower eyelid surgery, designed to correct drooping eyelids and puffy bags by removing excess skin. Local plastic surgeons describe the process and recovery time as well as some non-surgical options to help the face appear rejuvenated.

Don't miss our next issue, as *House & Home* delves into the latest green living and energy efficiency trends.

AMANDA FLATTEN
Editor

Coming Next Month ...

Green Living & Energy-Efficiency

Textile Trends

The Perfect Home Office

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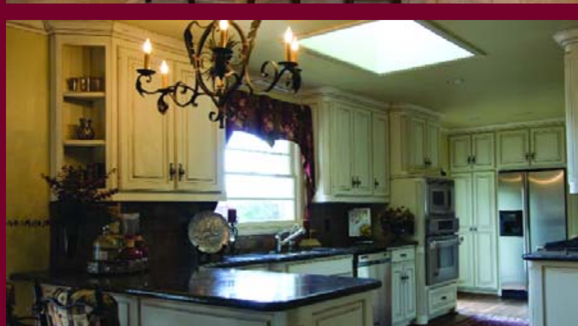

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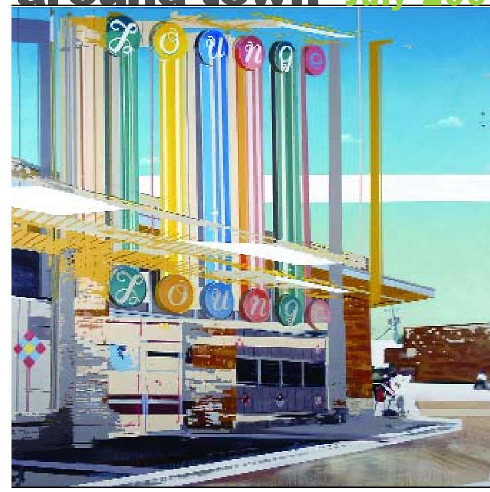
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around town July 2009



By **MARIE WILLIAMS**

Femme Fatale is on exhibit at The Holly Johnson Gallery through Aug. 15. The exhibit features a variety of techniques in painting and sculpture. Shown: Lounge, 2008 by Kim Cadmus Owens, oil on canvas, 48x48 inches.

The Valley House Gallery & Sculpture Garden has two exhibits through July 11: **Billy Keen — Becoming Human** and **Everett Spruce — American Modernist 1908-2002**. Billy Keen is a native of San Antonio, Texas and his series "Becoming Human" evolved from a contemplation of the path by which we transcend from childhood through enlightenment to adults. Everett Spruce is a native of Arkansas and has done six solo shows in New York. Valley House Gallery is located at 6616 Spring Valley Road (between Preston and Hillcrest), Dallas. Information: 972.239.2441 or www.valleyhouse.com

Femme Fatale is on exhibit at The Holly Johnson Gallery through Aug. 15. The exhibit features recent work from female artists such as Virginia Fleck, Sharon Louden, Kim Cadmus Owens, Kim Squaglia and Sarah Walker and showcases a variety of techniques in painting and sculpture. A reception will be held on Saturday, July 25 from 6 p.m. to 8 p.m. Admission is free. The Holly Johnson Gallery is located at 1411 Dragon Street in Dallas' Design District. Information: 214.369.0169 or www.hollyjohnsongallery.com

Celebrate **The Booms and Blooms** on Independence Day at Fair Park's Texas Discovery Gardens at 3601 Martin Luther King Jr. Blvd., Dallas. Enjoy live music, register for free prizes and indulge in the beautiful, organic gardens. The event opens at 10 a.m. on July 4. Music starts at 4 p.m. and a fireworks display begins at 8:45 p.m. Admission is free. Information: 214.428.7476 or www.texasdiscoverygardens.org

On Sunday, July 5, break out the picnic basket and relax underneath the stars at The Fort Worth Botanical Garden's **Concerts in the Garden** with a performance by the Fort Worth Symphony Orchestra, conducted by Andres Franco. Gates open at 6:30 p.m. The concert starts at 8 p.m. Admission is $15 in advance or $18 at the gate. Parking is $5 at Farrington Field or $10 at the Gardens. The Gardens are located at 3220 Botanic Gardens Blvd., Fort Worth. Information: 817.871.7686 or www.fwbg.org

Kittrell/Riffkind Art Glass, located at 5100 Beltline Rd., Ste. 820, Dallas, presents its **15th Annual Goblet Invitational**, showcasing one-of-a-kind, limited drinking vessels from artists nationwide. An opening reception with wine tasting and artisan cheeses is Friday, July 10 from 5:30 p.m. to 8:30 p.m. The exhibit continues through August 8. Information: 972.239.7957 or www.kittrellriffkind.com

The Harmon and Harriet Kelley Collection of African-American Art: Works on Paper is on exhibit at the Amon Carter Museum, 3501 Camp Bowie Blvd., Fort Worth, through Aug. 23. See the works of more than 50 African-American artists from the late 1800s to the early years of this century. Information: 817.738.1933 or www.cartermuseum.org

If fresh eggs and chickens are your specialty, don't miss **Bageniece Farms' Backyard Chickens** with Dan Probst on Saturday, July 18 at North Haven Gardens, 7700 Northhaven Rd., Dallas. Probst will cover raising chickens, care and more. Participants will have the opportunity to purchase backyard chicken supplies, chicken coops and purchase Probst's chickens from 11 a.m. to 2 p.m. Admission is free. Information: 214.363.5316 or www.nhg.com

On Saturday, July 25 from 9 p.m. to 12 p.m., don't miss **Introduction to Silver Metal Clay** presented by The Craft Guild of Dallas, located at 14325 Proton, Dallas. Cost is $60 and materials cost $15. Information: 972.490.0303 or www.craftguildofdallas.com

Saddle up for the 3rd annual **National Day of the American Cowboy**, Saturday, July 25 at the Fort Worth Stock Yards, 130 E. Exchange Ave., Fort Worth. Enjoy activities such as Riscky's Rib Eating Contest ($5 to enter), Cowboy Karaoke Contest, the Cowboy Celebration Parade and the Cowboy Camp Exhibit at Cowtown Coliseum. Information: 817.625.9715 or www.forthworth stockyards.org

Learn techniques to help make your next backyard birthday party stand out. Instructor Nastasha Berlin's class **Summer Barbecue Favorites with a Twist** is Tuesday, July 28 at 6:30 p.m. at Sur La Table, 4527 Travis St., Dallas. The class costs $69. Information: 214.219.4479 or www.surlatable.com


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By MARIE WILLIAMS



LAMBERT LANDSCAPE COMPANY unveiled its plans for the Gateway Forest Park in Dallas at the interchange of Woodall Rogers Freeway and Central Expressway. Lambert's contributed the master plan for the design of Gateway Forest Park as well as budgeting for the execution of the park to **Texas Trees Foundation**. Used since 2004 by the TTF as a research site, the park's new design concept incorporates trails, a dog park facility, increased safety, new native tree and plant species and improved irrigation. Work has already begun on the site, which is slated for completion in 2011. Lambert Landscape Company is located at 6333 Denton Dr., Ste. 100, Dallas. For more information, call 214.350.8350 or visit www.lamberts.net.

Samuel and Sons, a company that designs and manufactures trimming, recently added the **Normandy Collection**, featuring intricately detailed silk for a fresh take on traditional trimming. Samuel and Sons is sold through George Cameron-Nash located at 1025 N. Stemmons Freeway, Ste. 150, Dallas. For more information, call 214.744.1544 or visit www.samueland sons.com.

PTI Hardwoods, a local hardwood flooring installation and finishing company, has expanded its product lines. Customers now can choose from an extensive collection of hardwoods, stone, ceramic tile, multiple lines of high-end carpet, custom-made and finished cabinets, as well as granite countertops. The company is also providing free in-showroom design services. PTI Hardwoods is located at 1101 Ohio Drive, Ste. 108, Plano. Store hours are Monday through Friday 8 a.m. to 5 p.m., Saturday 10 a.m. to 3 p.m. and Sunday or evenings by appointment. For more information, call 214.778.2462 or visit www.ptihardwoods.com.

Complete Landsculpture announced its partnership with **Great Wolf Lodge**, North America's largest family of indoor waterpark resorts, located in Grapevine. The company was responsible for completing the landscape portion of Phase II for Great Wolf Lodge's property expansion project. Complete Landsculpture will exclusively manage the landscape of the Grapevine property. For more information, call 214.358.5296 or visit www.completelandsculpture.com.

Hollman Inc. has introduced four new cabinet lines. The Value Line features slab style laminate doors with a choice of four standard or three premium laminates. The Essential Line features four door style choices and three standard and two premium wood veneer choices. The Green Line uses FSC-certified wood, a formaldehyde-free core and water-based finishes. Luxury Line features include: double walled steel drawer box with concealed slides and soft close mechanisms; unlimited door style selections; exotic veneer selections and much more. Call 972.815.4000 or visit www.hollman.com.



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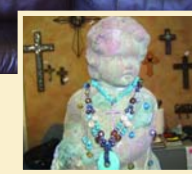
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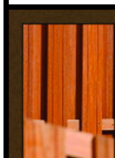
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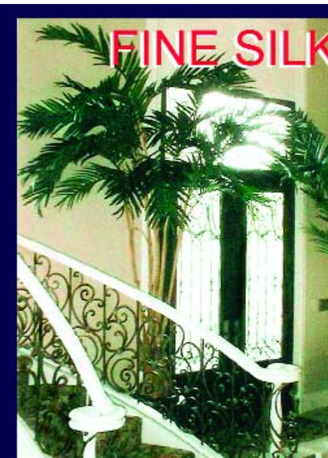
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By JEFFREY JACOBY

Rainwater Harvesting in the Concrete Desert



This sturdy olive container enjoys its second life as a 60-gallon rain barrel from Catch the Rain (www.catchtherain.com). The barrel stands 39 inches tall and 24 inches wide and weighs 20 pounds when empty. It costs $139.95 and comes with an overflow fitting, drain plug, screw-on cover, screen and a threaded spigot for easy hose attachment. Link multiple barrels together with a simple, short length of 3/4-inch garden hose.

Benjamin Franklin wrote, "When the well is dry, we know the worth of water." Of course, modernity has rendered the old water well something of a relic in our urbanized cityscapes and suburbanized lawnscapes. For most contemporary urbanites, water is something that flows from the tap on command rather than a living substance divined from the ground or captured from the sky. However, as population grows and water supply shrinks, a consciousness for conservation is emerging, particularly here in the parched Southwest. With Texas in the throes of yet another water-restricted summer and drought conditions across much of the state, it is worth musing on "the worth of water" and one way we might rediscover our ability to literally catch the rain.

AN ANCIENT SOLUTION FOR A MODERN CONCERN

Throughout history, human beings have inhabited dry lands where dust storms outnumber rain storms for vast stretches of the calendar. While these ancient peoples didn't worry about ozone alert days or peak oil or offshore geologic carbon sequestration engineering, water use was a constant concern — often a matter of life and death. As a result, enterprising civilizations from early Jordan in the Middle East to prehistoric Navajo in the American West have used rain collection systems to conserve precious water resources. Evidence exists that rainwater cisterns were in use as many as 5,000 years ago. Now, amid the asphalt and concrete deserts of the 21st century metropolis, we are witnessing a renaissance of this ancient technology. As our own water usage becomes an ever-growing concern, rainwater harvesting becomes an ever-growing solution.

RAINWATER HARVESTING 101

Rainwater harvesting consists of two key elements: rainwater and a method of capture. The former is beyond your control. The latter, however, provides an abundance of options ranging from the simple Jordanian cistern to trucks full of dirt needed to completely overhaul your landscape. Most rainwater harvesting systems use a catchment area (usually a rooftop), a conveyance system (such as guttering), storage containers (barrels or cisterns) and a distribution method (a simple spigot or a more elaborate drip irrigation hose leading to the vegetable garden). Other systems use landscaping such as berms and swales to direct the rain toward greenery and away from concrete.

A common rainwater harvesting setup takes advantage of your home's existing architecture. When it rains, water rolls down the roof into the gutters, which in turn carry the rainwater to a downspout where it can be diverted into a rain barrel or cistern. Gravity does the work while you reap the benefits. The only equipment you need to purchase is a special downspout diverter and the container. Most experts also recommend a roof washer to flush away the first few gallons, which carry most of the dust and other rooftop contaminants, allowing fresh water to collect in the barrel or cistern. Additionally, leaf guards for the guttering will help prevent clogs. After installation, this simple system can collect tens of thousands of gallons per year. What's more, unlike municipal water from the tap, rainwater is free of chlorine (and of cost) and can be used to water the flowers, wash the clothes, create a beautiful rain garden or, with the right filtration and purification systems, to make lemonade. (A word of caution: I like lemonade as much as the next guy, but I urge you to do your research before drinking harvested rainwater — rooftop shingles can contain toxic glue or asbestos, gutters can contain lead solder, and birds and squirrels are not potty-trained. Your body will thank you for your diligence.)

NOW THAT YOU KNOW WHAT YOU'RE DOING …

… you should consult an expert (or at least a Web site) before setting up your rainwater harvesting system. Beth Mortensen owns and operates Catch the Rain, a local company specializing in helping homeowners implement residential rainwater harvesting and irrigation systems through professional consultation and a proven product line. You can purchase products online and find more information on how to get this chief rainmaker's expert advice at www.catchtherain.com.

As a bonus, when you purchase equipment designed for rainwater harvesting you'll be eligible for a sales tax exemption. To divine everything you ever wanted to know about water conservation and rainwater harvesting, go to the extremely thorough guide at www.harvestH2O.com. With a little research and a little work, you can conserve water and money even as you drench the dahlias and saturate the snapdragons.

Jeffrey Jacoby is program director for Texas Campaign for the Environment, a grassroots nonprofit working locally and statewide to press for sustainable waste and recycling policies. Call 214.599.7840 or visit www.texasenvironment.org.



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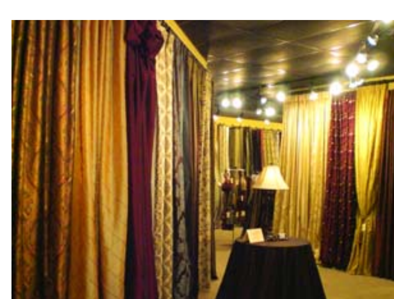
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Culinary Pursuit

Creating a cook's kitchen

THE PROBLEM

After many years on the road as a pilot and a flight attendant, these homeowners retired and began to invest more time in a favorite hobby — cooking. They were ready to experiment with new cuisines and fulfill their passion for creating gastronomic delights, but sadly their kitchen wasn't. They needed a cook's kitchen that would give them the space and tools needed to comfortably pursue their hobby. And, they wanted a more sophisticated look that reflected their preference for contemporary designs — without going so contemporary that the room would feel cold or sterile.

THE SOLUTION

Kitchen Design Concepts helped the homeowners claim considerable square footage for a larger kitchen by knocking down the wall to an old laundry room and repurposing the former breakfast area. This space was used for more storage and functional areas, and a bar was added for eating daily meals. A new stacked washer and dryer was tucked away in a walk-in pantry/laundry room. New storage solutions were added, including a baking cabinet with an appliance lift and a special cabinet that easily hides or displays an in-kitchen TV.

With all this added space, there was plenty of room to include the perks to enable the couple's cooking hobby. The island was placed in a central location to provide more room for chopping, mixing and plating. A second sink created a place for serving guests' drinks and preparing morning coffee. Plus, a new warming oven, a water filtration system and all new appliances added to the room's enhanced functionality.

To give this busy work center an updated look that wouldn't feel cold or utilitarian, the designer used a balance of contemporary and softer natural materials. Stainless steel cabinets, iridescent glass backsplashes, a commercial grade sink fixture and funky glass pendant lights create the look of a contemporary kitchen. To soften and warm the room, natural touches are incorporated, such as the cedar ceiling beams, slate and cork flooring, cherry cabinets, teak island top and natural stone backsplash.







BRING SEASIDE STYLE HOME



A distressed Wooden Buoy from Wisteria, $39, can be used as an accent on a desk or as a bookend on a shelf. Made of brightly hand-painted wood distressed to look old, this buoy works in a lake house or land-locked home den.



The organic shapes and chalk-white color of natural coral are re-created in these environmentally friendly pieces, stone-cast with the shape and texture of the real thing; $45 each from Crate & Barrel.



Handcrafted rope pillar candles from Crate & Barrel are wrapped in natural rattan for an organic look, $14.95 to $19.95.



Bring a hint of the tropics to your dining table with hand-woven leaf placemats from Crate & Barrel; $6.95 each.

THIS SUMMER, GO COASTAL

By **SARAH GANDY**

Even if you aren't able to visit the beach this summer, you can revel in the tropical colors of oleanders and hibiscuses, or create a seaside cottage feel on your front porch with a vintage swing. Give your home a touch of island style.

A great design solution is to identify the heart of what we love about the coast and bring it into our homes in subtle and sensitive ways, without having palm trees and seashells on everything.

Incorporate a palette of coastal colors and bring the outside in. If you have a palm tree outside the window, then paint the room the color of the palm tree. Also, incorporate textures that are reminiscent of the coast, such as a woven basket or rug. Here are some tips for infusing your home with seaside flair this summer.



This Giant Clam Shell by Annieglass (www.annieglass.com) is a limited edition piece. It's handcrafted and chip-resistant.

FOR THE BEACH RETREAT

- Use sheer fabrics, such as linens, on windows to give a light airy feel to a room.
- Look for maritime maps to use creatively as anything from framed art to drawer liners.
- Fabrics such as cotton on furnishings and sea grass rugs carry the natural feeling throughout the house.
- Incorporate glass items, particularly in blue and green colors to allude to the ocean waters.
- Look for woods that are worn or distressed. Their color add to the natural color palette and they will be reminiscent of the coast's driftwood.

A TROPICAL TAKE

- Take your favorite kite out of the closet and hang it on the wall. Who says art has to be framed?
- Don't forget scents. Tropical aromas such as coconut and pineapple take the mind right back to the coast.
- For color inspiration, look to coastal flowers such as hibiscus, oleander and plumeria when you're picking out anything from wall colors or dish towels.
- Use houseplants to bring the outdoors in. Varieties of palm, fern and even bamboo can all be easy keepers with a tropical look.
- Consider a lively bowl of lemons or limes in lieu of fresh flowers. They'll last longer and come in handy for cooking up a fresh summer meal.



From Pottery Barn, the Basketweave Rattan Mirror costs $349 and features natural woven abaca-rope rattan and a beveled mirror.



Handcrafted from unique pieces of driftwood gathered from the remote shores of Java, this Driftwood End Table from Crate & Barrel is $399. Each unique base varies in shape, size, grain, knots, pitting and mineral deposits.



A Barnacle Sculpture from Nest, $700, is a great way to add seaside interest to your home.





Crate & Barrel's Arbor Chaise Lounge Chair is made of plantation-grown eucalyptus hardwood certified by the Forest Stewardship Council: $499 for chaise; $89 for side table.

HISTORIC REFERENCES

- Search local architectural antique stores for unique items from a bygone era, such as a ship lantern, compass or bell.
- Incorporate vintage photographs. Bathing beauties from the 1920s are sure to get a smile out of any visitor.
- Frame antique prints of birds and plants that are native to the coast.
- Use traditional lanterns or hurricane lamps to shield your candlelight glow from North Texas winds.

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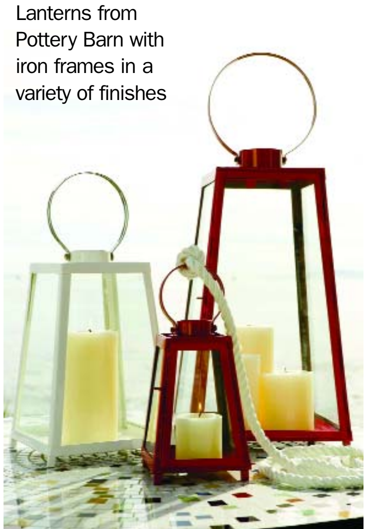
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BELOW: Starting at $39, Capri Lanterns from Pottery Barn with iron frames in a variety of finishes

ABOVE: Wisteria's framed wood shadowboxes are filled with assorted real, naturally salvaged seashells for $149.



BELOW AND RIGHT: This fresh, summer bedding — Red Coral Organic Duvet — from Pottery Barn features coral fans and scallop shells on soft, smooth organic cotton.







Dress up your front porch with a swing made comfortable with tropical pillows and a rug underfoot. Photo by Sarah Gandy



A metal and glass table with lantern lends the perfect island feel to any indoor or outdoor room. Photo by Sarah Gandy



10 Tips
FOR BUYING ART

EXPERTS TELL ALL ABOUT CHOOSING THE PERFECT PIECE FOR YOUR HOME

Buying art for the home is not an easy task. Choosing a special piece for the home can be a daunting experience for the average homeowner. How do you know what style to choose, is the art any good, is the piece a good investment? To help answer these questions and more, local art experts share their top 10 tips.

ABOVE:
Donna Miller suggests purchasing art that speaks to you immediately, the way this piece by Dallas artist Ray-Mel Cornelius appeals to her. Shown: *Bandera* by Ray-Mel Cornelius, 18 inches by 18 inches, acrylic and found object on paper.

BELOW:
When buying art, don't be afraid to ask dealers questions suggests Holly Johnson. Shown: *Delineation*, February-March 2008, Holly Johnson Gallery, Dallas.



TIP 1: SHOP.

We shop for clothes, cars, houses and tools, so why not art? Visit as many galleries and art fairs as you can. Visit artists' Web sites. You'll start to see trends and styles that appeal to you, and you'll be better able to decide what most interests you and which artists are performing at the highest levels. — *Donna Miller, owner of Miller Consulting*

TIP 2: ONLY BUY WHAT YOU LOVE.

Ultimately you should only acquire what you really care about, as you are going to be living with it. Part of the fun is educating yourself about the artist and understanding what it is that turned you on in the first place. — *Holly Johnson, owner of Holly Johnson Gallery*

TIP 3: IMPULSE BUY.

Sometimes it's best to go with what speaks to you immediately. It probably resonates with some part of your soul, and, ultimately, art must speak to the soul. For instance, the work of local Dallas artist Ray-Mel Cornelius (www.raymellcornelius.com) particularly appeals to me because of his landscapes featuring the Texas Hill Country, one of my favorite places. His work, *Bandera*, is a great example of a piece that's interesting by itself but also invokes wonderful memories of my childhood. — *Donna Miller, owner of Miller Consulting*

TIP 4: DON'T PURCHASE A WORK OF ART JUST BECAUSE SOMEONE TELLS YOU IT IS A GOOD FINANCIAL INVESTMENT.

Be wary if a gallery uses the word "investment." The real investment is the pleasure you will receive when living with something that has meaning to you. Don't compromise because you will most likely live with what you acquire for a long time. A good work of art should grow on you. You should like it even better a year from now than the day you purchased it. — *Cheryl Vogel, Curator, and Kevin Vogel, Director of Valley House Gallery*

▶



Never rush into an art purchase. Holly Johnson says it's better to take a lot of time to decide on a piece than to make a decision you'll regret. Shown: *David Aylsworth: Is it the real turtle soup?* December of 2008, an exhibition of new paintings, Holly Johnson Gallery, Dallas.

TIP 5: BUY LOCAL.

It works with food, and it also works for buying art. Take a look at the work made by local artists. They might reflect your region's unique characteristics in lighting, landscape, temperament or interests. You'll be investing not just in a piece of art but in an artist's career, too. If the artist's studio is close, you'll be able to visit and see new work as it takes shape. — *Donna Miller, owner of Miller Consulting*

TIP 6: EXPERIMENT.

Try out art that at first glance you don't think will work for you. Many galleries and artists will let you audition their work in your home. After living with it a few days, you might decide you like a piece that you wouldn't normally consider. For example, the work of photographer Lori Nix (www.lorinix.com) features staged vignettes with miniature figures and models. At first look, her work might seem childish or unsophisticated, but several days of looking at it reveals deeper layers. — *Donna Miller, owner of Miller Consulting*

TIP 7: DON'T BUY ART IN A HURRY JUST TO FINISH THE DESIGN OF YOUR HOUSE.

Collecting art can be a lifelong pursuit of developing connoisseurship and meeting living artists who share their ideals. The more you look, the better you will understand your personal taste and will ultimately make the best long-term decisions. — *Cheryl Vogel, Curator, and Kevin Vogel, Director of Valley House Gallery*

TIP 8: TAKE ADVANTAGE OF AVAILABLE INFORMATION.

Dealers are available to offer as much information and advice as possible and to share their education with you. Don't be afraid to ask questions. — *Holly Johnson, owner of Holly Johnson Gallery*

TIP 9: DON'T BUY ART ON VACATION UNLESS YOU CAN TRY THE WORK IN YOUR HOME AND RETURN IT.

A great deal of art is purchased while on vacation. It is often the only time people find themselves in a relaxed atmosphere. Works acquired on a vacation can become a reminder of that great trip; however, galleries in vacation centers are often more commercially directed in the art they offer and have higher overheads, which are passed on to their clients. Developing an on-going relationship with local galleries and attending openings is a wonderful way to support the cultural atmosphere of your hometown. — *Cheryl Vogel, Curator, and Kevin Vogel, Director of Valley House Gallery*



TIP 10: DEVELOP PERSONAL RELATIONSHIPS.

The art world relies on relationships — personal relationships that are developed over time, not just between the dealer and the collector but the artists as well. Time is the key, and making an art purchase in a hurry can sometimes result in a mistake. — *Holly Johnson, owner of Holly Johnson Gallery*



ABOVE: Don't buy a piece of art just because it's considered a good investment, say Valley House Gallery Curator Cheryl Vogel and Director Kevin Vogel. A better investment is purchasing something that has meaning to you. Shown: *Sedrick Huckaby* exhibit at Valley House Gallery.

LEFT AND BELOW: An antique armoire (left) and antique dresser (below) from Furniture Buy Consignment.



ABOUT THE EXPERTS:

Holly Johnson is co-owner of the Holly Johnson Gallery, located at 1411 Dragon St., Dallas. For more information, call 214.369.0169 or visit www.hollyjohnsongallery.com.

Donna Miller, owner of Miller Consulting, is a public relations executive specializing in arts organizations and nonprofits seeking national and local media coverage. Her current favorite artists are her three sons Daniel, Leo and Aaron. Visit www.millerpr.com for more information.

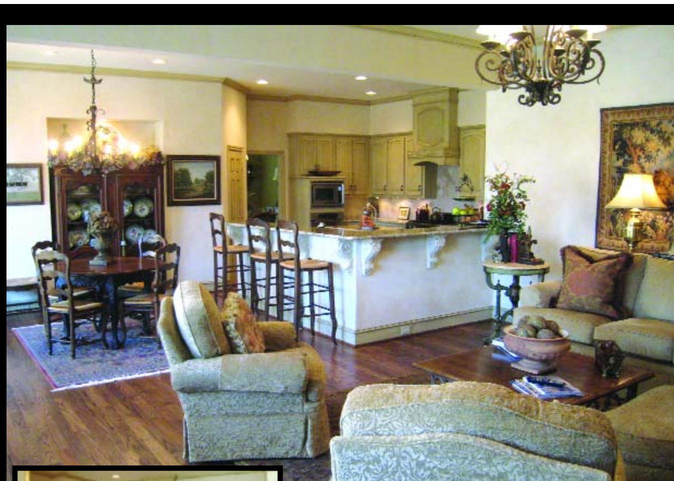
Cheryl Vogel is curator and Kevin Vogel is director of Valley House Gallery, located at 6616 Spring Valley Road, Dallas (between Preston and Hillcrest). For more information, call 972.239.2441 or visit www.valleyhouse.com.

acquiring antiques

Mike Verastique, owner of Furniture Buy Consignment (www.furniturebuyconsignment.com), shares a few insights on incorporating antiques into your home:

- Like anything else you purchase, always buy from a reputable seller or business.
- Antiques have the greatest value when they are original in materials, hardware and finishes. An antique that has been restored, repaired or supplemented with non-original materials can jeopardize the value of the item.
- Be cautious when purchasing antique furniture. Today's specs and standards for production often differ significantly from specs and standards of the past. People are taller and heavier now then they were 100 years ago. For example, an antique wardrobe is often smaller from top to bottom. Today's shirt and dress lengths are often longer and may not fit in an antique wardrobe.
- Antiques have antique or old hardware. Newer silver colored screws, nails or hinges are often a sign of a reproduction piece, repairs or restored antiques.

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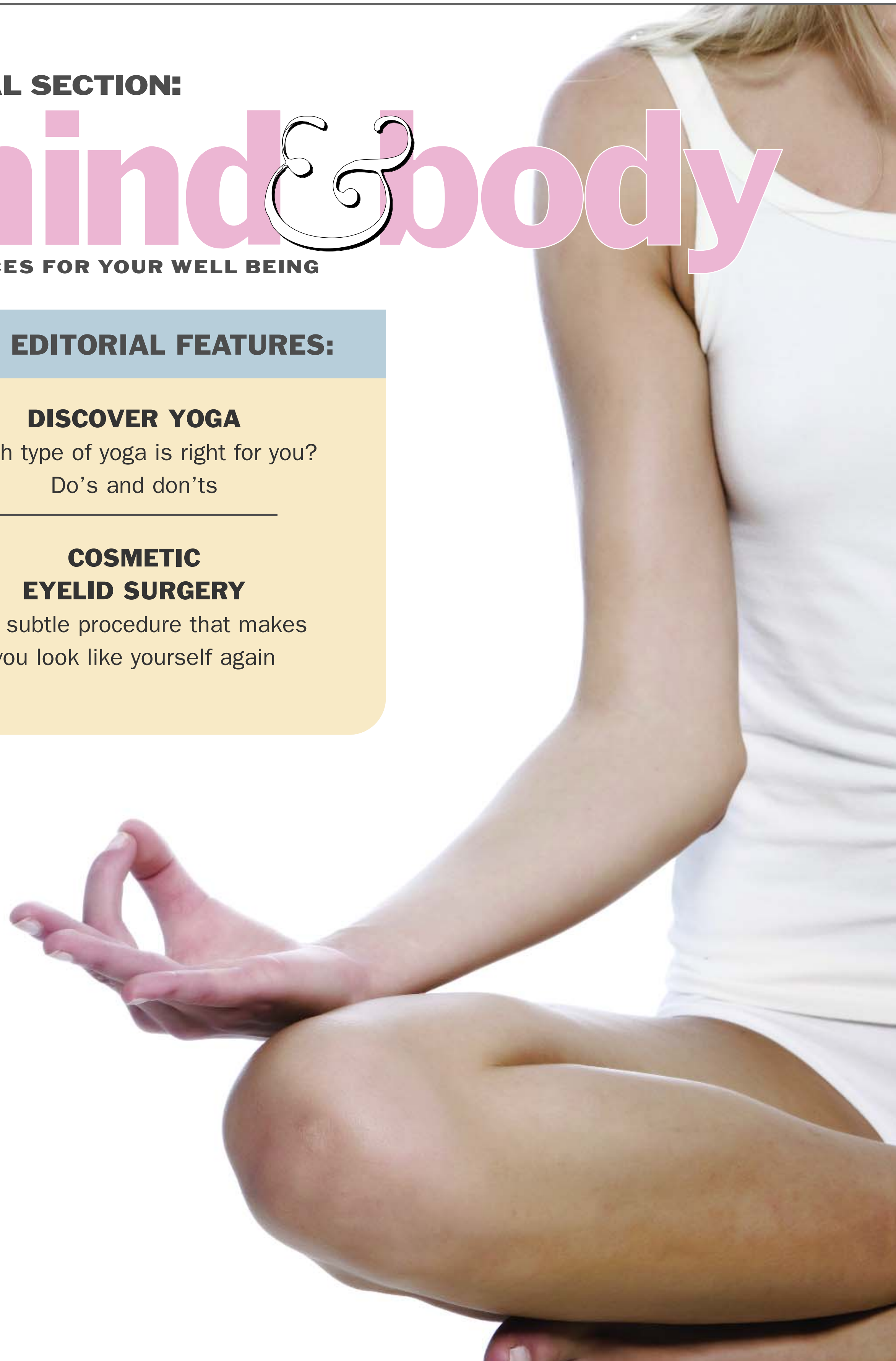
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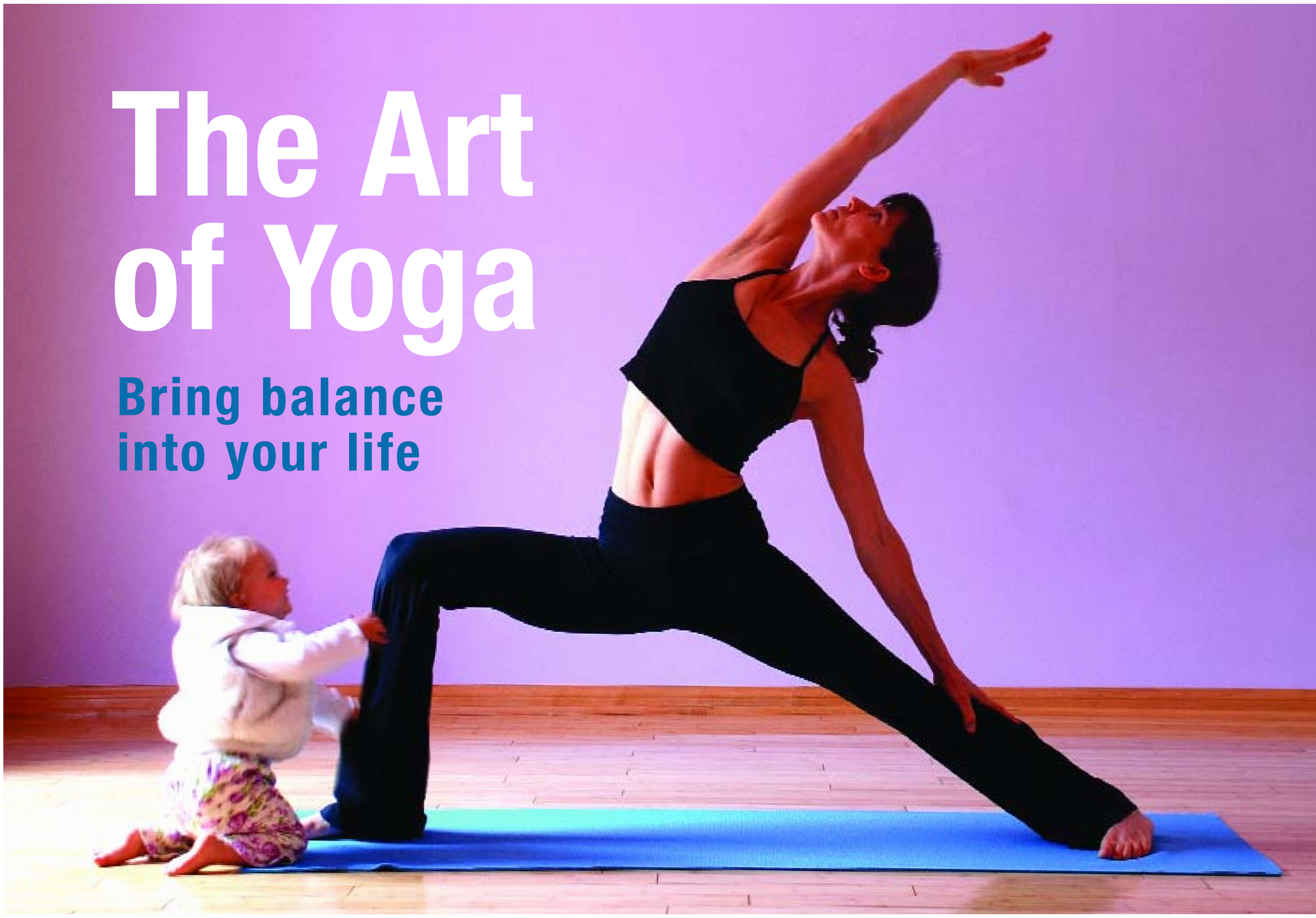
Which type of yoga is right for you?
Do's and don'ts

COSMETIC EYELID SURGERY

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The Art of Yoga

Bring balance into your life



ABOVE: Once individuals commit to yoga regularly, they can expect physical, mental and emotional benefits, as well as weight loss, increased muscle tone and improved flexibility.

BELOW: Those who haven't tried yoga before should start by signing up for beginner level classes or a beginner series.



By Marie Williams

In today's society, relaxation isn't something easily found for those who have stressful jobs or those worried about financial matters. Taking vacation time, reading or listening to music are temporary ways to find peace when things become overwhelming. For individuals under extreme stress, yoga is a great solution when you need to feel revitalized.

WHERE TO BEGIN

Those who haven't tried yoga before should start by signing up for beginner level classes such as Restorative Yoga, Yoga for Women, Yoga for Stress or Shanti Yoga, says David Sunshine, owner, director and one of many instructors at the Dallas Yoga Center. He specializes in Vinyasa yoga and Iyengar based/Hatha yoga. Another option is taking a beginner series, a set of classes lasting eight weeks at the Dallas Yoga Center.

People offer many excuses for not trying yoga. "People don't need to be flexible," Sunshine says. "Everybody can do yoga."

According to Karen Buckner, a yoga instructor at Bikram Yoga Dallas who specializes in Bikram yoga (hot yoga), women often think they need to lose weight before they start, while men feel they must be flexible. "We assure our guests these feelings are common, but if they are willing to try the postures the right way, they'll get the full benefit," Buckner says.

Bikram yoga, Buckner says, is a therapeutic Hatha yoga involving postures designed to bring balance back into the body. The most common form of yoga practiced in the United States is Hatha yoga, which includes the postures called Asanas and breathing exercises called Pranayama. Other forms of Hatha yoga include Ashtanga yoga, Iyengar and power yoga.

Buckner says it's best for first-timers to do research before jumping in: Learn about the yoga studio, the method of practice and the background training of the instructor.

POSITIVE EFFECTS OF YOGA

Once individuals commit to yoga regularly, they can expect physical, mental and emotional benefits, such as healing of injuries from high impact-sports like running and cycling. Other benefits are weight loss, increased muscle tone and improved flexibility. Concentration is improved, mental clarity is restored,



self-confidence is increased and stress is reduced. "During yoga practice, the student learns how to connect the mind and body through the breath," Buckner says. "The effect creates a moving meditation, which calms the mind and balances the emotions."

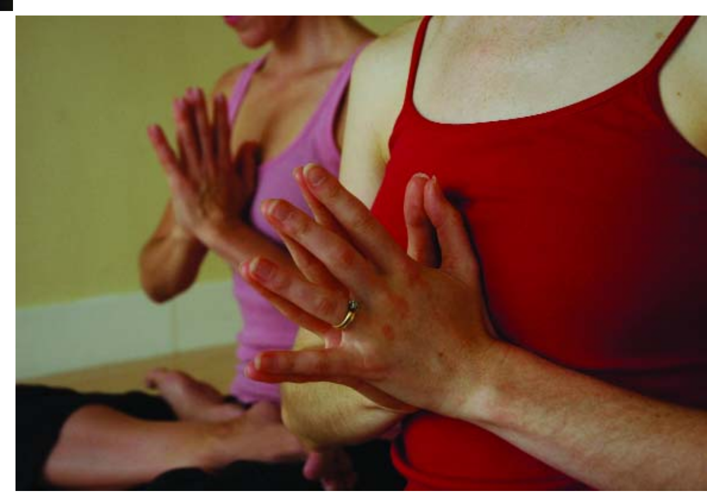
SAY GOODBYE TO STRESS

According to Buckner, there are 26 postures in Bikram yoga designed to systematically stimulate every muscle in the body and enhance the function of the nervous system through a series of forward bends and backbends. The central nervous system is engaged and soothed, reducing stress in the body and mind.

You can expect to feel some stress relief after just one class, according to Sunshine. Yoga helps to create inner peace by integrating the body and mind, and over time, stress is released, leaving the individual feeling relaxed and full of joy. "Yoga is like love at first sight," Sunshine says. "People fall in love with it immediately."

If increased flexibility, an inner sense of well being and stress relief are what you are looking for, yoga can help you find a new way to enjoy life.

BELOW: One of the benefits of yoga is deep breathing, which allows more oxygen to get to the brain. Photo courtesy Dallas Yoga Center



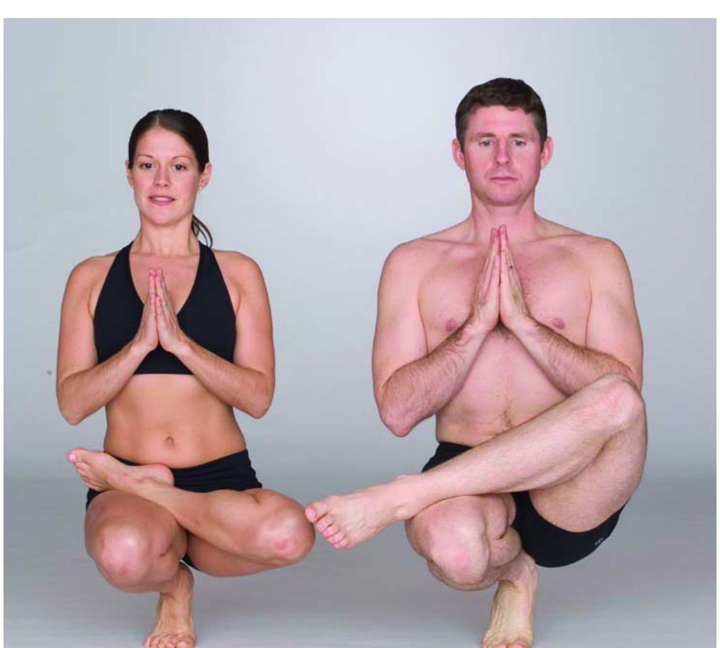
ABOVE: Dallas Yoga Center currently offers more than 60 classes per week in the Iyengar, Vinyasa and Ashtanga traditions of yoga.

BELOW: The Toe Stand Pose develops psychological and mental powers, especially patience. It is also good for the feet and helps with hemorrhoid problems. Photo courtesy Bikram Yoga Dallas

resources

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Yoga Do's and Don'ts

DO

- Eat a small snack an hour and a half prior class
- Talk to someone at the studio for the appropriate class
- Practice at least twice a week
- Be prepared to invest in your own mat

DON'T

- Arrive late to class
- Wear cologne or perfume
- Smoke prior to class
- Disrupt others' practice by talking loudly


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The Eyes Have It

Injectable fillers, such as Botox and Juvederm, can improve the look of wrinkles around the eyes.

Subtle surgery yields a natural, more youthful look

By SANDRA COOK and AMANDA FLATTEN

The eyes are an essential part of your identity. They make a big impression not only when meeting new people, but also when talking with friends and colleagues you've known for years. As we age, many of us notice the tissue around the eyes becomes loose, almost flabby. For some, sagging upper lids can impair vision significantly.

Plastic surgery of the eyelid area, known as blepharoplasty, is designed to correct drooping eyelids and puffy bags by removing excess skin, fat and muscle from the upper and/or lower eyelids.

These days, as more people are postponing retirement, there is rising interest in eyelid surgery. Both men and women pursue this procedure to improve their appearance to look younger and stay competitive.

People that request this procedure span the whole gamut, from young people in their 20s on up, says Dr. Gregory Stagnone, owner of the Plastic Surgery Center of Dallas. "Those who get eyelid surgery in their 20s often want a prettier look," he says. "A majority of those who get eyelid surgery in their 40s and up have sagging skin on the upper lid or bags under their eyes."

GETTING THE EYES DONE

According to the American Society of Plastic Surgeons' 2008 Plastic Surgery Procedural Statistics, eyelid surgery was the fourth most common surgical cosmetic procedure in 2008, with 221,000 surgeries performed; breast augmentation, nose reshaping and liposuction were the top three. "Eyelid surgery is the one of the most minor cosmetic surgery options with the quickest recovery time," says Dr. Stagnone.

"An upper eyelid surgery operation usually takes less than an hour and can be performed under either general anesthesia or a local anesthetic," says Dr. Jeffrey Janis, Associate Professor of Plastic Surgery at The University of Texas Southwestern Medical Center in Dallas. If a patient is getting both upper and lower eyelid surgery, the procedure usually takes two and a half hours and general anesthesia is usually used to make the patient more comfortable, he adds.

Non-Surgical Options

Before you commit to eyelid surgery, there are some steps you can take to improve the skin on your face and get a refreshed look with non-surgical options, according to Dr. Gregory Stagnone, owner of the Plastic Surgery Center of Dallas.

1. Protect your skin from the sun, which causes fine lines and wrinkles.
2. Improve the quality of your skin by using Retin A.
3. Consider getting laser peels to tighten the skin.
4. Fill wrinkles with injectables such as Juvederm or Botox.
5. If you've done everything above, and still don't have the desired look, plastic surgery might be your best option. Find an American Society of Plastic Surgeons Board Certified Plastic Surgeon.

resources

AMERICAN SOCIETY OF PLASTIC SURGEONS
www.plasticsurgery.org

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Department of Plastic Surgery
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DR. GREGORY STAGNONE
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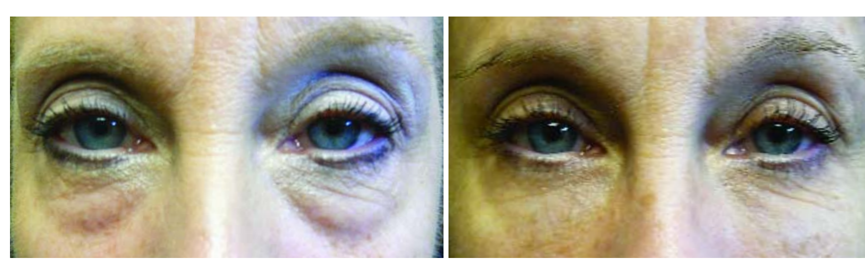
Upper and lower eyelid surgery usually takes two and a half hours, and general anesthesia is usually used to make the patient more comfortable.

Most people considering an eyelid lift do so for strictly cosmetic reasons, but the procedure is sometimes medically necessary when the eyelid sags to the point of impairing the eye's visual field. Precise criteria for qualifying for insurance coverage varies from company to company, but an ophthalmologist can perform the necessary tests to determine the degree of visual impairment.

WHAT TO EXPECT

Eyelid surgery is not designed to drastically transform your appearance, but to give you a more rested, youthful look. Think about celebrity surgeries that were too dramatic, such as Joan Rivers and Kenny Rogers. Most plastic surgeons agree, it's best to have realistic expectations, especially with the delicate eye area. Keep in mind that facial aging is mostly genetic and cannot be reversed. Your skin texture is also genetic and will not change.

"My objective is to keep patients looking like themselves, just with a more rested, youthful and refreshed look," says Dr. Janis, who also serves as the Program Director of the Plastic Surgery Residency Program and Chief of Plastic Surgery at Parkland Health and Hospital system. "Often after surgery, patients will get compliments from family and friends about how they look like they've just come back from vacation. After the recovery period, people frequently can't tell they've even had surgery, just that there is 'something different.'"



Before (left) and After photos of an eyelid surgery patient. Courtesy Plastic Surgery Center of Dallas

As easy as plastic surgery looks on TV, viewers never get the complete picture, according to Dr. Stagnone. "These shows don't address patient safety," he says. "The longer you are in surgery, there is an increased health risk."

Dr. Janis agrees. "TV makeover shows are glamorized and you only see the positive results," he says. "You never see the recovery — the bruising, swelling or several weeks of recovery time for patients who have had multiple procedures done all at once and undergone hours and hours of surgery."

Recovery from an eyelid lift is not immediate; it happens in stages. Your doctor will provide you with detailed instructions for your recovery. After upper eyelid surgery, expect inflammation and some bruising that can last a week to 10 days. For upper and lower eyelid surgery, recovery can take up to two to three weeks.

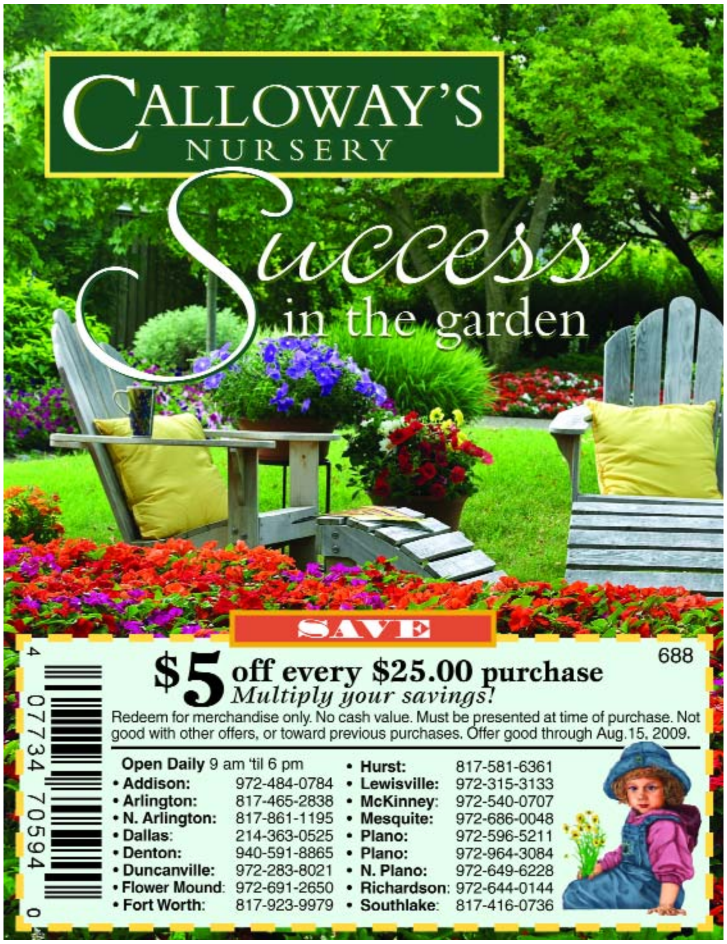
LOOKING FOR MORE IMPACT?

As we age, smile lines, thinning lips and neck bands appear. Dr. Janis suggests patients consider supplemental procedures to complement eyelid surgery to provide an overall rejuvenated look for the entire face. "If appropriate and safe, I do pan-facial rejuvenation in one sitting to establish 'facial harmony,'" he says. "You can consider a brow lift, neck lift or face lift, for example."


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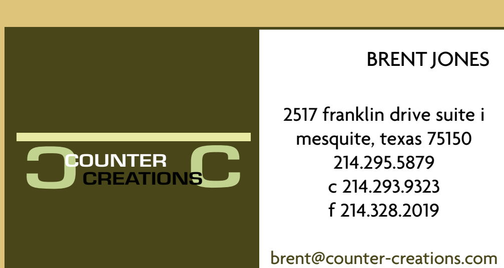
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gloves & more

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RIGHT: West County Gardener rose gloves in 100-percent synthetic materials with double-padded palm, reinforced finger pads and extended elbow-length gauntlet, $35. Find West County Gardener supplies at Calloway's Nursery, Central Market, North Haven Gardens, Walton's Garden Center and Whole Foods.

ABOVE: Colorful women's gloves with white goat skin leather palms, full leather index fingers, fingertips and knuckle straps, $10 a pair by Midwest Gloves & Gear. Find MidWest Gloves & Gear products at Ace Hardware, Calloway's, Target and Wal-Mart.



ABOVE: From MidWest Gloves & Gear, flower kneeling pad, $6



Form-fitting Foxgloves with ergonomic thumb design, $20 per pair. Clean Air Gardening and Redenta's Garden carry Foxgloves.

BELOW: Purple Orbit 50-foot coil garden hose and sprayer, $20, Target





ABOVE: Garden Bench Kneeler, $30, MidWest Glove & Gear

BELOW: Children's plastic Haws watering cans, $12 each, Smith & Hawken





RIGHT: Mud Gloves by Little's Good Gloves, $8 per pair. Find Mud Gloves at Redenta's Garden.

resources

CALLOWAY'S NURSERY
Multiple locations
www.calloways.com

CLEAN AIR GARDENING
2266 Monitor St.
Dallas
214.819.9500
www.cleanairgardening.com

CENTRAL MARKET
5750 E. Lovers Lane, Dallas
4651 West Freeway, Fort Worth
320 Coit Road, Plano
1425 E. Southlake Boulevard, Southlake
www.centralmarket.com

NICHOLSON-HARDIE NURSERY & GARDEN CENTER
5060 W. Lovers Lane, Dallas
214.357.4674
5725 W. Lovers Lane, Dallas
214.357.4348
www.nicholson-hardie.com

NORTH HAVEN GARDENS
7700 Northhaven Rd., Dallas
214.363.5316
www.nhg.com

REDENTA'S GARDEN
2001 Skillman St., Dallas
214.823.9421
5111 W. Arkansas Ln., Arlington
817.451.2149
www.redentas.com

SMITH & HAWKEN
3300 Knox St., Dallas
214.522.6522
Lakeside Market
5805 Preston Rd., Ste. 594
Plano
972.473.7770
www.smithandhawken.com

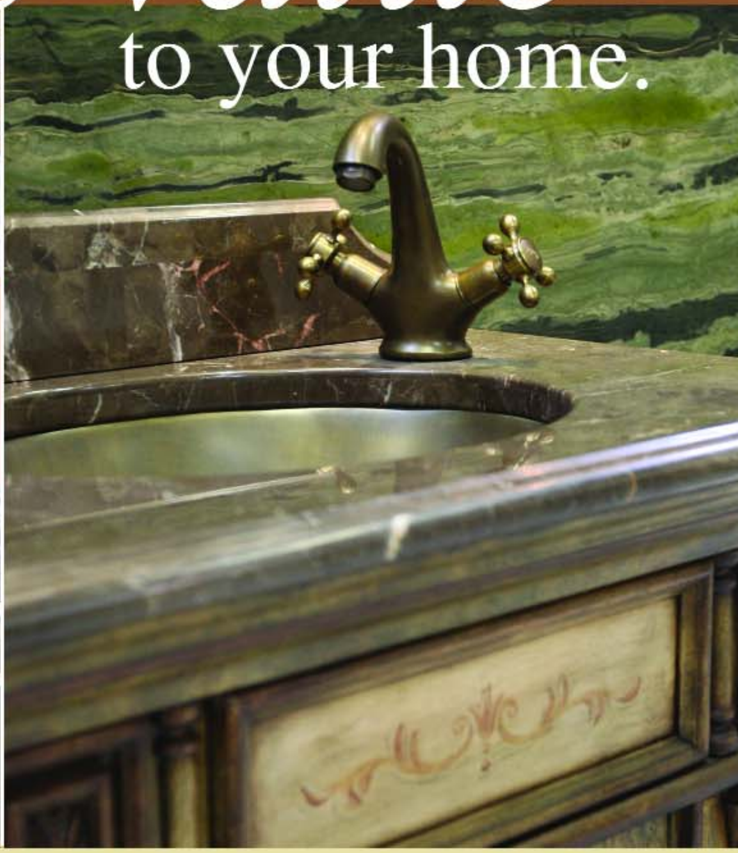
TARGET
Multiple locations
www.target.com

WALTON'S GARDEN CENTER
8652 Garland Rd., Dallas
214.321.2387
www.waltonsgarden.com

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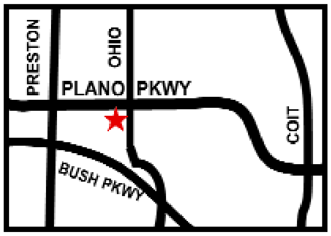


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